IRANIAN SPEAKER REJECTS RAPE CLAIM, PG 4

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Metro Homes

Getting colourful in the kitchen
pg 8

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Vehicles vandalized in Temple

CRIME It wasn't the way Temple residents wanted to wake up yesterday morning after vandals spray-painted and broke into several vehicles in the northeast community.

Calgary police Sgt. Krista Ryan said at least nine vehicles were affected.

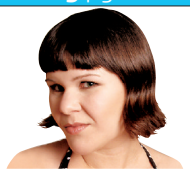
"We believe they were all (vandalized by) the same person or people, but we also believe it was a random attack. There weren't any specific words or symbols left on the cars," Ryan said.

Residents spent the morning trying to clean their cars.

Anyone with information is asked to call police. Just over a month ago, Rundle residents had their tires slashed, but police don't believe the two incidents are linked.

KRISTA SYLVESTER/ METRO CALGARY

Relating pg 6



Celebrating gay boyfriends

Food pg 9

Tender cake plum good

Race City

15 Warped years

ROBIN KINASH/FOR METRO CALGARY

Shane Told, singer for Toronto band Silverstein, gives it his all for hundreds of fans yesterday at the 2009 Vans Warped Tour, celebrating its 15th anniversary at Race City.

7th swine flu fatality confirmed

Preparations for resurgence of virus underway in Alberta

AMY GREGSON
for Metro Calgary

Just as the House of Commons discussed influenza A (H1N1), also known as swine flu, in Ottawa yesterday, Alberta Health Services released more information about the seventh flu-related death in the province.

Dr. Gerry Perdy, Alberta's senior medical officer, confirmed an elderly man from the Edmonton area died of the disease, but wouldn't say if there were any underlying health conditions.

"We did reveal that information for the first few deaths, but aren't going to do it from here on," said Perdy, adding the death was tragic but not unexpected during a flu outbreak.

Meanwhile, the province continues to brace for an outbreak during the fall, said Alberta Health and Wellness spokesperson John Tuckwell. The province is still identifying groups most at risk to establish priority for the vaccine later this fall, and it is also educating large groups such as schools.

Dr. David Butler-Jones, Canada's chief public health officer, said even though the federal government has not yet finalized who will be first in line to get the vaccine, this does not mean officials are not busy at work behind the scenes to get ready for a resurgence of the virus.

"We have already begun educating students about proper hygiene practices."
Janet Sutherland, Catholic School Board

"I don't know whether it is because it is like a duck and the legs are going under the water a lot faster than you see them moving smoothly along the surface, but there is an incredible amount of work going on," he told MPs in Ottawa.

In Calgary, the Catholic School Board developed a plan for outbreaks a few years ago when the avian flu first broke, and the strategy has been updated for swine flu, a spokesperson said.

Janet Sutherland said the school board would take direction from Alberta Health and Wellness during an outbreak, but it will also sanitize schools and inform parents.

"We have already begun educating students about proper hygiene practices ... as a preventive approach," she said.

WITH FILES FROM TORSTAR NEWS SERVICE

Bridge bidding open to all

AMY GREGSON
for Metro Calgary

DEVELOPMENT Firms from anywhere in the world will have a chance to bid to become the developer for the controversial pedestrian bridge to be built next year.

Dave Danchuk, communications strategist for Transportation Infrastructure, said the city won't play favourites based on geographical location.

"We are looking for the best quality and price we can provide," said Danchuk, adding firms can pre-qualify this week.

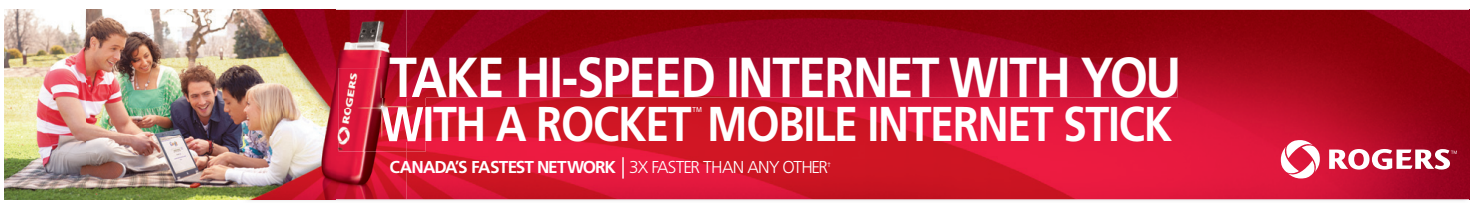
The recently named Peace Bridge, slated for west of Prince's Island Park, was not contracted out to local designers, but designed by world-renowned architect Santiago Calatrava, which upset Ward 10 Ald. Andre Chabot.

However, Chabot, who has always opposed the bridge, is pleased the construction process has been opened to the public, unlike the architectural process.

"As long as the construction is open to public tender, it should alleviate some of the concerns of the general public," he said.

Chabot said the city should come in under the $18-million budget for the bridge to ease financial concerns. The total project will cost $24.5 million.

Even though international firms can bid, Chabot said he believes the bridge will be awarded to one from Calgary because of the economy and the fact that the city is booming.



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Lawyer makes case for giving high-risk offender bail
The lawyer for high-risk offender Keegan Troy Spearchief believes new evidence presented in court yesterday will set his client free on bail. The case was adjourned until Aug. 26. METRO CALGARY

Local

Tattoo fest is back

The 2009 Alberta Bound Tattoo and Arts Festival hits the city this weekend. Back again at the Round-Up Centre, the popular event will feature a variety of artists and arts, performances and contests throughout the weekend. For more information visit calgarytattoos.com.

METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Calgary in brief

DEATH A 30-year-old woman is dead after a bizarre incident in a downtown parkade last night. Police say the woman somehow became lodged between her vehicle door and the parkade entry gate post.

STABBING Police are investigating a stabbing in the city's northeast last night around 7:30 p.m. Police say a man in his 20s was transported to hospital with non-life-threatening injuries.

METRO CALGARY

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What's online today.

Video Missing Virgin Mary statue found desecrated in a ditch at **metronews.ca/local**

Video Canada's health minister blasts opposition for playing politics with H1N1 virus at **metronews.ca/canada**

Lotteries

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Explosive announcement

GlobalFest gets federal funds, plans enhanced fireworks display

LAURENCE HEINEN
for Metro Calgary

Billed as "Alberta's most explosive festival," GlobalFest 2009 launched yesterday with a funding announcement of more than $240,000 from the federal government.

As part of the Marquee Tourism Events Program, GlobalFest received the money to assist in promoting the festival across Western Canada.

"Events such as GlobalFest are instrumental in attracting visitors from all over the country and beyond, and the contribution to our economy cannot be overestimated," said Calgary Northeast MP Devinder Shory. "GlobalFest will also be purchasing much-needed new equipment and will be enhancing its fireworks presentations, which are identified as the heart of the festival."

The festival would like to attract international visitors as well, noted Michael Gretton, chairman of GlobalFest's board of directors.

"Calgary is really growing to become a much more culturally diverse city," Gretton said. "GlobalFest is just a wonderful way to end off the summer in a very explosive way."

The seventh annual event officially gets underway on Friday with the GlobalFest FilmFest and ends on Aug. 29 with the fireworks finale.

"We just hope and pray that the weather will work out well for us," said Gretton, adding that organizers are hoping to attract 100,000 attendees.

ROBIN KUNSKI/FOR METRO CALGARY

Calmeca Dancers from the Mexican pavilion dance school perform traditional Mexican dances yesterday to kick off the 2009 GlobalFest at Elliston Park from Aug. 14-29.

U of C engineering school given $23.4M to improve labs

EDUCATION Students stand to benefit from a $23.4-million cash injection to upgrade and revitalize research labs at the University of Calgary's Schulich School of Engineering.

At yesterday's announcement, third-year engineering student Darshni Pillay said the upgrades to the school's facilities, which were built back in the 1970s, will make a big difference to students in their quest towards graduation.

"Having comfortable classrooms, modern labs, and places that we can meet socially and also study helps us meet our goals," said Pillay.

In addition to $14.4 million in funding from the provincial government, the U of C was awarded $9 million from the federal government for the upgrades.

"By investing in our post-secondary institutions, we are stimulating our economy, creating jobs and ensuring long-term prosperity for our future," said federal Environment Minister Jim Prentice.

LAURENCE HEINEN/
FOR METRO CALGARY

Police team honoured for nabbing bank robber

AWARD Bringing a knife-wielding serial bank robber to justice has earned a Calgary officer and his team accolades across the country.

Det. Stu Keown and his team received an award last night at the annual Canadian Association of Chiefs of Police conference in Charlottetown, P.E.I., for their determination in catching a serial robber wanted for 18 robberies in 2007.

"I feel very honoured and special, but the important thing to remember is it was a team effort and we couldn't have done this without the team," the 28-year veteran told Metro.

Stu Keown

Keown was recognized with the Canadian Banks' Law Enforcement Award for his team's effort in putting the robber away for 12 years for the crimes.

"It is a great honour to recognize the outstanding efforts of these individuals, who have gone above and beyond the call of duty to combat crime against Canadian banks, their customers and their employees," said Nathalie Clark of the Canadian Bankers Association.

KRISTA SYLVESTER/
METRO CALGARY

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Church voices 'mortification' over Berlusconi scandal

Italy's Catholic church feels "unease" and "mortification" at revelations surrounding Prime Minister Silvio Berlusconi, the newspaper of the Italian Bishops' Conference wrote yesterday. Attention focused first on Berlusconi's relationship with 18-year-old model Noemi Letizia, left, to whom he gave a $8,500 US necklace. REUTERS

Canada/World

Beijing **Flaherty urges caution**

DAVID CRAY/REUTERS

Finance Minister Jim Flaherty, centre, during a news conference at the Canadian Financial Forum in Beijing yesterday. Flaherty said discussion on exit strategies or currency rates should wait until the global economy was back on its feet.

Passport case irks critics

Tories attacked for handling of Mohamud situation

The federal government was accused of racism and abandoning its citizens yesterday when it emerged that officials had falsely accused a Canadian woman in Kenya of being an impostor, an act that led to her arrest.

Critics blasted the Conservative government with unusual ferocity over the bizarre case, which could damage the ruling party's efforts to capture more votes from influential ethnic communities at the next election.

The story started in May when a passport officer at Nairobi airport refused to let Suaad Hagi Mohamud board a plane on the grounds that she did not look enough like her passport photo.

For reasons that are still unclear, the Canadian embassy annulled her passport and then told Kenyan authorities she was an impostor.

Mohamud, 31, who spent a week in jail, took two months before she could persuade Ottawa to agree to a DNA test that proved her identity.

"Something is fundamentally wrong when we can't count on the Canadian government to stand up for Canadians. I'm not sure I can put it any more directly than that," an unhappy Ontario Premier Dalton McGuinty told reporters yesterday.

Critics noted that Mohamud was the latest in a line of foreign-born Canadian citizens who have run into trouble abroad and then found it hard to gain Ottawa's attention and help. REUTERS

News in brief

POLITICS The separatist Bloc Quebecois party, which holds the balance of power in Parliament, indicated yesterday it could back a bid to bring down the minority Conservative government.

SUBS The Department of National Defence has sent a surveillance plane to waters off Canada's East Coast to monitor a pair of Russian submarines in the area, CBC News Online reports. METRO NEWS SERVICE

UN urges Canada to lift visa restrictions on Mexico, Czech Republic

REFUGEES The United Nations refugee agency is urging Ottawa not to use visa restrictions as a way of reducing the number of asylum seekers, after Canada imposed travellers' visas on visitors from Mexico and the Czech Republic.

"What is important is that the issue of access to protection for those fleeing persecution is given due regard and attention," Abraham Abraham, the UN High Commissioner for Refugees' representative in Canada, said yesterday.

The 1951 UN refugee convention, to which Canada is a signatory, assures "access to territory" for individuals with justified needs for safety and security, the agency said in response to Ottawa's move. TORSTAR NEWS SERVICE

Iran rejects rape claims

IranCrisis

The speaker of Iran's parliament yesterday rejected as "baseless" an opposition leader's accusation that moderates had been raped in jail following their detention in unrest linked to June's disputed presidential poll.

"Based on parliament's investigations, detainees have not been raped or sexually abused in Iran's Kahrizak and Evin prisons," Iran state television quoted Ali Larijani as saying.

Defeated moderate candidate Mehdi Karoubi said some protesters, both men and women, had been raped in prison. Many of the post-election detainees were held in south Tehran's Kahrizak prison, built to house people breaching vice laws. At least three people died in custody there.

State radio also said 215 of Iran's 290 lawmakers urged Ahmadinejad to reconsider ties with the United States, France and Britain for their "interference" in Iran's state matters. REUTERS

California **Fight continues**

LUCY NICHOLSON/REUTERS

A gay couple hug in West Hollywood. A California gay rights advocacy group said yesterday that it needed three years to build a coalition to repeal the state's ban on same-sex marriage.

Vodka contributing to 'national disaster'

RUSSIA Russian President Dmitry Medvedev yesterday called time on the country's heavy vodka drinkers, saying alcoholism had become a "national disaster." Medvedev said measures aimed at reducing binge drinking had not reduced alcoholism in Russia, where downing vast amounts of vodka at one sitting is an integral part of national culture. Medvedev said he was shocked by official data showing the average Russian drank 18 litres of pure alcohol each year. Doctors say alcohol related diseases cause half of all deaths of Russians 15 to 54. REUTERS

News in brief

AFGHANISTAN Some 400 U.S. Marines alongside army soldiers staged a helicopter assault yesterday in the mountains of Helmand province in Afghanistan, part of an effort to secure Taliban-held areas. REUTERS

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Bell, Telus merger within two years 'very likely,' say analysts

A merger between Bell and Telus is looking "very likely" within the next two years, according to a report from RBC Capital Markets, CBC News Online reports. The impending launch of new cellphone companies, customers ditching their landlines, and saturation of Internet and television services are eroding growth opportunities for both companies. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Microsoft, Nokia to join forces in mobile market

Microsoft Corp. and Nokia announced an alliance yesterday to bring business software to smartphones to counter the dominance of Research in Motion Ltd.'s BlackBerry.

The alliance between the world's largest software company and cellphone maker means the latest versions of Microsoft's Office applications, including Word, Excel, PowerPoint and messaging, will be available on a range of Nokia handheld devices, which make up 45 per cent of the smartphone market.

The companies, at one time fierce rivals in the mobile business, expect to offer Nokia phones running Office sometime next year.

"This is giving some of our competitors — let's spell it out, RIM — a run for their money," said Nokia executive vice-president Robert Andersson. "I don't think BlackBerry has seen the kind of competition we can provide them now." REUTERS

Business in brief

PENSIONS Canada Pension Plan Investment Board said yesterday the value of its assets under management rose 10.5 per cent in its first quarter, reversing big losses in 2009, as global markets rebounded. The CPP board, which manages Canada's national pension fund, said it had assets of $116.6 billion at June 30, the end of the first quarter of its fiscal 2010. That's up from $105.5 billion at its 2009 yearend in March and a sharp reversal of the 14 per cent loss in asset values in fiscal 2009, when sinking global markets battered investments around the world.

DEFICIT Canada's trade deficit came in at a much smaller than expected $55 million in June, but analysts said the shrinkage reflected increased energy exports and that underlying trade weakness persisted and will eat into second-quarter gross domestic product figures. REUTERS

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Comment

In praise of The Gay Boyfriend

I have a lot of gay male friends. I'm not exactly sure how I became such a fruit fly, but it probably has to do with the fact that I enjoy being around brilliant, interesting, quirky and hilarious people. And there happen to be an inordinate number of gay men who fit the bill.

When a gay male in your life transcends the confines of ordinary friendship, they become something known as The Gay Boyfriend.

I am lucky enough to have three.

I met Ben in university. He taught me about wine, men, crème brûlée and The Pet Shop Boys. Ben has the body of a Russian gymnast, but the eyes and smile of a mischievous child on Christmas morning. He recently moved to Montreal, for work and for love. My life will be decidedly less colourful without him.

I met Tony during grad school. He's smart, fun and absurdly well read. We share a fascination with French culture and a top-secret love of Evita. He is my karaoke life partner (nobody does Summer Nights like we do Summer Nights). With his artfully mussed hair and routine self-deprecation, Tony reminds me of an anime hero who hasn't yet realized his superpower.

Last but not least is Phil, my work spouse. He makes me laugh until I cry on a regular basis and transforms the daily grind into a delight. He has a French bulldog named Francine. He sings soaring solos in a gospel choir. He is one of the best dudes I know.

There are several things that Gay Boyfriends offer that The Boyfriend and/or The Straight Male Platonic Friend often cannot:

1. They find sports boring and would never force you to watch a game.
2. They are more emotional and intuitive than most straight men, so they do not judge you for your occasional "girl moments."
3. They revere Madonna as a demigod (The Gay Boyfriend downloaded her new single Celebration eons before you did.)
4. They find levity and hope in the most depressing of scenarios.
5. When they pour you a drink, there is no ulterior motive.
6. They have neat shoes.

Gay Boyfriends everywhere, consider this your valentine. Bless your brave, brash, jovial, generous, vibrant, filthy, fierce and utterly fabulous hearts.

You are adored.

Cue Celebration.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Lashing out at Sudanese 'fashion police'

What would you do if you were out with friends at a coffee shop, the police arrived and arrested you all for being "indecently dressed" — you're wearing trousers — and decided your punishment was a public flogging: 40 lashes each?

Sudanese journalist Lubna Hussein went head-to-head with her country's outrageous "dress code" law in style. She insisted on a trial (10 of the women arrested with her accepted a fine and flogging), showed up in the Khartoum court wearing the very same trousers that got her arrested in the first place and — the cherry on the cake — she sent out 500 invitations to journalists and activists to come and watch.

Dozens of women, many in trousers, and several men turned out to support Hussein and were tear-gassed and beaten by police. Any doubt on how far Hussein has upended the system in Sudan was laid to rest when the regime barred her from travelling to Lebanon to give a TV interview on her trial.

Hussein's trial resumes Sept. 7.

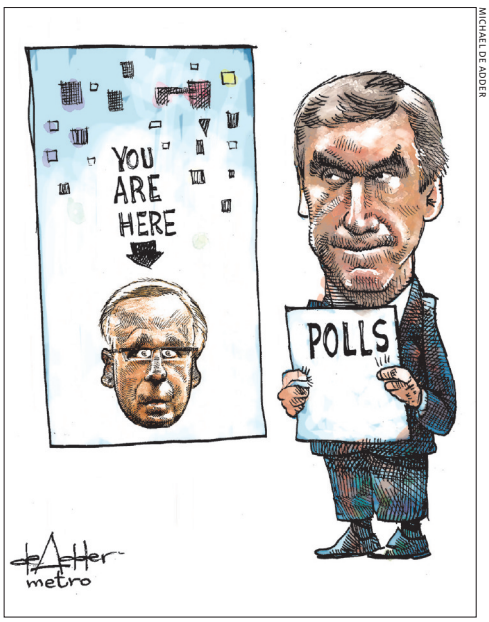
For years the Sudanese regime had played a cheap game of flaunting its "Islamic principles" over the bodies of women. It has flogged thousands of both Muslim women and non-Muslim southern Sudanese women for supposedly violating Islamic principles.

Many silently endured the misogyny and injustice; they were poor, socially vulnerable or ashamed. But Hussein has brilliantly used her position and clout to fight back. She is a journalist who knows all about shaping the narrative. She was also a press officer for the UN, a position that could have earned her immunity from charges and a flogging, but she chose to resign and fight instead.

Most importantly she is a Muslim woman who knows that a flogging for wearing trousers is sheer and utter nonsense — she has said she was ready to "receive (even) 40,000 lashes" if that's what it takes to abolish the indecency law.

Hussein's case could be one of police gone wild, thinking they could get away with what is business as usual — teach a group of women "morals." But they didn't reckon they had to deal with a media-savvy woman, a pride to Sudan's feminist movement and women everywhere.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



MICHAEL DE ADDER

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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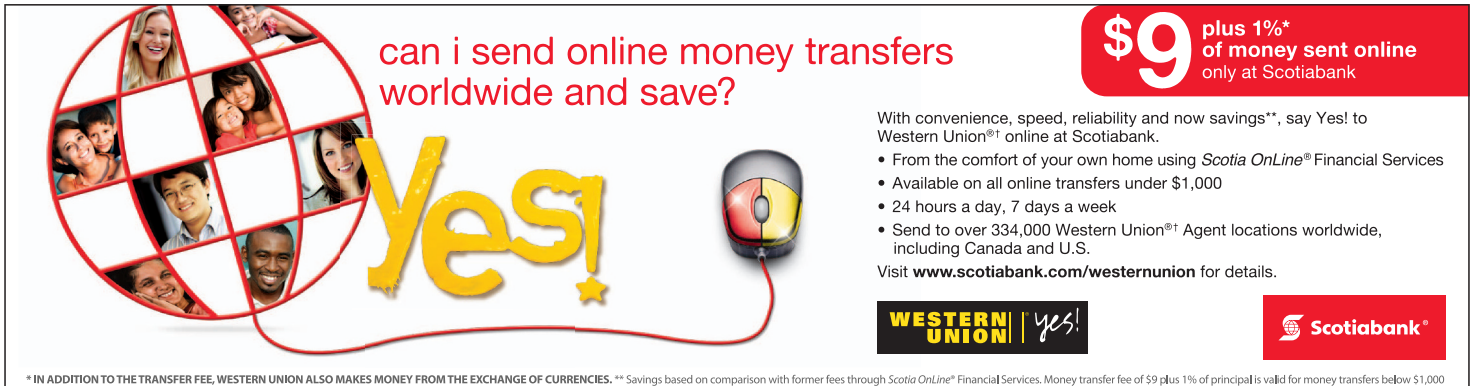

Kane to appear before grand jury
The clash with a cabbie that landed Chicago Blackhawks star Patrick Kane behind bars will be before a grand jury tomorrow. The panel will decide whether to bring charges. METRO NEWS SERVICES 7

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Looking to move up

Canadians hoping for canoe-kayak breakthrough

MATTHEW WUEST
matthew.wuest@metronews.ca

With Lake Banook as its backdrop, Canada's sprint canoe-kayak team is hoping for a historic weekend.

Canada, represented by its largest team yet at the world championships starting today in Dartmouth, N.S., is gunning for a top-three finish in the overall team point standings and is quietly hoping to knock off either Hungary or Germany, traditionally the powerhouse nations at this event.

"One of our goals is some day to be the top (canoe-kayak) nation in the world," said national team head coach Graham Barton. "This is one of our opportunities to take that step."

"One of our goals is some day to be the top (canoe-kayak) nation in the world. This is one of our opportunities to take that step."
Graham Barton, national team head coach

Canada's record 42 athletes are among the 1,000 participants from more than 70 countries on Lake Banook this weekend. It will mark the first time Canada has an athlete entered in every event. Traditionally, financial concerns and a focus on the Olympics mean smaller teams are sent to worlds.

While Hungary and Germany are usually the top two nations, Canada battles it out with countries such as Poland, Russia and Spain for the final spot on the podium.

At the worlds, Canada often finds itself in the fifth- and sixth-place range, while it placed third at the Athens Olympics in 2004 and fourth at the Beijing Games last summer.

"Our team is strong throughout," said Halifax canoeist Richard Dalton. "We're going to have chances to be in the top-five or on the podium in a lot of different events.

"Our team is extremely strong and we're well able to go out and compete with those big countries."

ERIC MILLER/REUTERS

Tiger Woods hits to the practice green during a practice day ahead of the 2009 PGA Championship beginning today at Hazeltine National Golf Club in Chaska, Minn.

Sports in brief

COYOTES The NHL is requesting that the judge in the bankruptcy proceedings of the Phoenix Coyotes reject the proposed deposition of Toronto Maple Leafs president Richard Peddie. Jim Balsillie's group wants answers about the Leafs' role in the possible relocation of the Coyotes to Hamilton.

ROGERS CUP Rafael Nadal won his first match since May when his opponent David Ferrer retired with an apparent knee injury in the first set last night at the $3-million US Rogers Cup in Montreal. Nadal led 4-3 in the set when Ferrer informed the chair umpire he could not continue.

METRO NEWS SERVICES

Temper control a work in progress for Woods

GOLF Tiger Woods prides himself on being able to control every aspect of his game, apart from an occasional loose tongue.

The 14-time major champion is the most visible player of his generation on television and fans have often seen him cursing or slamming clubs after hitting a poor shot.

"It is what it is," world No. 1 Woods told reporters while preparing for today's opening round of the U.S. PGA Championship at Hazeltine National.

"Unfortunately I do make mistakes and I hit bad shots and I say bad things at times. I don't mean to, it just comes out. It's not something I try and do. It just happens.

"Have I been trying to get better at that? Yeah, my entire life," said the American, who won his 70th PGA Tour title at the WGC-Bridgestone Invitational on Sunday.

"But it happens from time to time and I'm not the only person that does it." REUTERS

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Crate&Barrel

A very literal take on a store name

Crate and Barrel was founded in 1962 by newlyweds Carole and Gordon Segal. They would import high-quality items from Europe and, with no budget for fixtures, display them on the crates and barrels that they were shipped in. Thus, the name. METRO NEWS SERVICES

Metro Homes

Crate in Calgary

This fall, Crate and Barrel will open its second Canadian location, in Calgary's Southcentral mall. The Chicago-based retailer's first international store opened in Toronto in 2008. "We are thrilled to open Crate and Barrel in Calgary — a dynamic and growing market," says Barbara Tuft, CEO and president. See Crateandbarrel.ca. METRO NEWS SERVICES

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Creative cooking

EMMA YARDLEY
for Metro Canada

A fear of colour can sometimes make kitchens seem sterile and white washed rather than centres of culinary creativity. But before you go out and buy a hot pink gas range, think about other ways injecting colour into your kitchen.

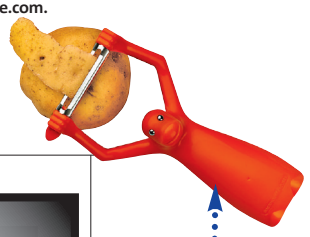
"A pop of colour is always fun but I wouldn't have all my appliances in colour," says Karen Kirk, the Senior Editor of Homes and Gardens at Canadian Living Magazine. "You don't want them to end up in the dump after six months because they're no longer your favorite colour!"

Instead, she suggests experimenting with colour by painting the walls a fun shade or adding a bold set of china and linens to your collection. Another idea is to throw a few fun, candy-coloured cooking gadgets and gizmos into the mix. Little hits of colour compliment existing neutral toned appliances and won't make your kitchen look like a packet of Skittles.

Colour code your baking recipes with this set of **Mod Measuring Spoons.** $24, Anthropologie, anthropologie.com.

Party punch on tap? Yes, please! **Jericho Glass Beverage Dispenser,** $130, Urban Barn, Urbanbarn.com.

Cool, blue and oh-so retro, snap this magnetic **60-minute timer** to the stove and time travel back the 1950s. $14, Anthropologie, anthropologie.com.



Entice your little kitchen helpers to roll up their sleeves and get down to monkey business. **Boston Warehouse Monkey Potato Peeler,** $10.95, teatroverde.com.

Taking out the garbage is never fun, but these bright bins might help put a smile on your face when it's your turn. **Five litre Stainless Steel Step Cans,** Wal-Mart, walmart.ca.

Advertising Feature

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For this week's Liquid Assets column by Peter Rockwell, in which he recalls his fondness for good ol' gin and tonics, visit metronews.ca/liquidassets. For Diane Thompson's Global Peasant blog, visit metronews.ca/globalpeasant. **METRO NEWS SERVICES**

Food

Shop for plums with good colour; a full, smooth, relatively heavy feel; and a distinctively "plummy," sweet fragrance.
CANADIANLIVING.COM

No leakage, please
Avoid fruit with shrivelled skin, bruises, brown spots or any sign of leakage.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Bottoms up for plum cake

online
For more Tested-Till-Perfect recipes, visit canadianliving.com

Plum Upside-Down Cake

Sliced plums in a butterscotch sauce top this tender cake. Spelt flour, an ancient cereal grain, gives it a nutty hint.

MAKES 9 SERVINGS

INGREDIENTS:

- 12 oz (375 g) large firm ripe prune or purple plums (3 to 6 plums)
- ½ cup (125 ml) packed brown sugar
- 3 tbsp (45 ml) butter, melted

Cake:

- 2/3 cup (150 ml) butter, softened
- 1 cup (250 ml) packed brown sugar
- 3 eggs
- 1 tsp (5 ml) grated orange rind
- 1 tsp (5 ml) vanilla
- 1 1/4 cups (300 ml) all-purpose flour
- 1/2 cup (125 ml) spelt flour
- 2 tsp (10 ml) baking powder
- 1/4 tsp (1 ml) cinnamon
- Pinch each nutmeg and salt
- 2/3 cup (150 ml) milk

METHOD:

Halve and pit plums. Cut each into 6 wedges; set aside. In bowl, whisk sugar with butter until combined. Spread in greased 8-inch (2 L) square metal cake pan; decoratively cover with plums.

Cake: In large bowl, beat butter with sugar until fluffy. Beat in eggs, 1 at a time. Beat in orange rind and vanilla.

In separate bowl, whisk together all-purpose and spelt flours, baking powder, cinnamon, nutmeg and salt. Stir into butter mixture alternately with milk, making 3 additions of dry ingredients and 2 of milk. Spoon over plums, smoothing top.

Bake in 350°F (180°C) oven until golden and cake tester inserted in centre comes out clean, about 55 minutes. Let cool in pan on rack for 10 minutes.

Run knife around edges of cake; invert onto plate. Scrape any remaining syrupy base over plums. Serve warm or at room temperature.

Food In **brief**

PERFECT PLUMS

There are many varieties of plums, some sweet and some acidic. Prune plums and damson plums – both best suited for cooking – star in this delicious recipe.

- Oval purple prune plums have deep flavour. Damson plums are similar looking but much smaller than the purple. Damson plums are extremely tart and are used mostly in cooking and preserves.
- To ripen, keep plums at room temperature, out of direct sun, until skin yields slightly to gentle pressure.
- Ripe plums should be stored in single layer in refrigerator for up to five days.

CANADIANLIVING.COM

YVONNE DUIVENVOORDEN PHOTO

Plum Upside-Down Cake

It's funny looking ... and delicious

Beer Can Chicken started as a fad on the barbecue circuit, but it is shaping up to become a classic. You grill the bird upright by ramming a can of beer into the cavity. The booze bubbles and steams to turn the meat juicy, while the skin, coated with spices, gets crispy. TORSTAR NEWS SERVICES

Eat this, ex-boyfriends

The Happy Baker: A Dater's Guide to Emotional Baking is a collection of recipes — most of which are unique to Erin Bolger's rural upbringing — matched with her own personal dating stories.

Each story is accompanied by Erin's easy-to-follow favourite recipes; some passed down from family and others her own twist on originals. All are tried, tested, true. She may not have always followed her Mom's dating advice, but she did follow her Mom's baking instructions, which always had a happy ending.

The Happy Baker: A Dater's Guide to Emotional Baking is available in select Chapters locations (call your local bookstore to check) and online at thehappybakerchick.com.

In the meantime, Metro borrowed this sumptuous (and sassy) recipe from the Happy Baker herself, just for a taste of revenge:

JASON HERVEY

Anyone who has had heartbreak will find solace in The Happy Baker, a cookbook that combines dating woes with delicious recipes — such as You Can Kiss My Triple Decker Carrot Cake Goodbye.

You Can Kiss My Triple Decker Carrot Cake Goodbye

It isn't yours for the taking anymore.

INGREDIENTS:

- 2 cups all purpose flour
- 2 tsp. baking powder
- 1 ½ tsp. baking soda
- 1 tsp. salt
- 2 tsp. cinnamon
- 2 cups sugar
- 1 ½ cups vegetable oil
- 4 eggs
- 2 cups finely grated carrots
- 1 can crushed pineapple, drained
- 1 cup walnuts, chopped
- 1 cup coconut

METHOD:

Preheat oven to 350 F (175 C) Grease and flour three 9-inch round cake pans.

In a large mixing bowl sift together flour, baking powder, baking soda, salt, and cinnamon.

Add sugar, oil and eggs; mix together for 3 minutes with a hand mixer.

Stir in carrots, pineapple, chopped nuts, and coconut.

Pour into prepared pans. Bake in preheated oven for 35 minutes or until centre is set.

Cream Cheese Icing

INGREDIENTS:

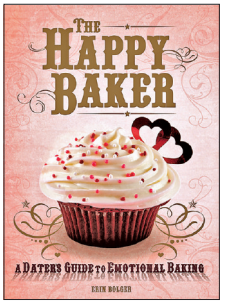
- ½ cup butter, softened
- 8 oz. package cream cheese, softened
- 500 g. icing sugar
- 1 tsp. vanilla
- ¼ cup toasted coconut for decorating

METHOD:

Cream together the butter and cream cheese. Add the vanilla. Stir in the icing sugar.

Spread evenly on the top of the first layer, add the second layer, spread evenly on that layer. Add third layer spread icing evenly all over cake. Spinkle with toasted coconut.

Refrigerate.



Local Savour

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Breakfast, $10 - $15

Originally from Quebec, this breakfast and lunch place fills up quickly on the weekend — so get there early. All entrees, featuring eggs, waffles and crepes, are reasonably sized. The freshly cut fruit is decoratively garnished on the plates.

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant for a recipe of Tuna Tartar.

ELLE CANADA

ELLE Canada magazine on sale now!
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Style

ELLE Canada's fall fashion special! The top looks, how to wear them, and where to buy them!

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

THE SUIT
Modern power dressing

SLIM

Polyester and rayon blazer and skirt, Fullcircle ($195 and $125, 1-866-240-2808)

BOYISH

Stretch-wool blazer and pants ($240 and $124, at Banana Republic)

PETITE

Polyester and viscose blazer and skirt, RW&CO. ($88 and $48, rw-co.com)

STUDIO ANDRÉ DOYON

ADVICE Choose a tailored, single- or double-breasted style in matte or shiny menswear fabrics, such as flannel, tweed or wool. The silhouette should be a classic cut with a sharp, defined shoulder.

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KEEPING YOU UPDATED

Rehab the musical?

Amy Winehouse's life could be turned into a musical. The troubled singer's brother Alex Winehouse believes a stage production focusing on their battle with drink, drugs and her failed marriage to Blake Fielder-Civil is a serious possibility. FEMALEFIRST.CO.UK

Entertainment

Striptease

Channing Tatum used to be a stripper. A sexy video of the then-18-year-old G.I. Joe: Rise of the Cobra star performing a striptease in a Florida nightclub has been leaked online. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Mangan makes nice

Dan **Mangan**

Album: Nice, Nice, Very Nice
Label: File Under: Music
Rating:

VANCOUVER'S DAN MANGAN has quietly been building a name for himself since releasing his debut in 2007, but expect the chatter to increase in volume with this new release. If you like The Weakerthans or early Hawksley Workman you'll love this record. It's all well crafted singer-songwriter stuff with impressive range. Mangan is able to move from the incredibly infectious sing-a-long Robots to the sensitive John K. Samson-ish The Indie Queens are Waiting with ease. If anything, he sounds a little too much like some of his influences, but with such strong material no one will care.

Bryan Borzykowski/for Metro Canada

Mindy **Smith**

Album: Stupid Love
Label: Vanguard
Rating:

MINDY SMITH IS a Long Island, N.Y., singer-songwriter who a few years back looked ready to become the next "alt-country" queen with her well-received cover of Dolly Parton's Jolene. On her new CD, Mindy dodges the "roots" bullet by moving her music into — excuse the terminology — the upscale environs of "adult-alternative." To Canadians, that means a sound uncannily like our own Kathleen Edwards, which is a very good thing indeed. Ironically, it was Edwards who, not too many years ago, was unfairly being touted as the next alt-country queen, a Canadian version of Lucinda Williams. It's nice that the Americans have finally come up with someone who can be compared with Kathleen Edwards. But great songwriting is what it is, defying categorization and deserving an audience.

Graham Rockingham/for Metro Canada

Music**Reviews**

music@metronews.ca

Gloriana

Album: Gloriana
Label: Emblem/Warner
Rating:

JUST WHAT NASHVILLE needed — four fresh-faced kids who sing sweet harmonies and fill out their jeans real fine. Two girls and two guys. The guys, of course, happen to be brothers (from Utica, N.Y., no less). The girls, of course, are both gorgeous. Not that this is a formula band. We're quite prepared to accept the explanation that they all met up in a bar one night and ... well. With the help of Matchbox 20 producer Matt Serletic, they've put out a rather pleasing country/pop album that at times sounds eerily close to Rumours-era Fleetwood Mac (there were two girls and three guys in that band which, of course, only caused trouble). Although, it tends toward saccharine at times, the music on this debut CD is hard to dislike. It would be nice to hear more songs from the group members. The one track written by them, Time To let Me Go, happens to be one of the strongest on the CD.

Graham Rockingham/for Metro Canada

Vancouver singer-songwriter Dan Mangan displays impressive range on his sophomore album Nice, Nice, Very Nice.

Black **Mold**

Album: Snow Blindness is Crystal Antz
Label: Flemish Eye
Rating:

IT'S RARE THAT an artist is as celebrated as much for his passionate folk tunes as he is for his ambient musical soundscapes, but that's what's happened to Calgary's Chad VanGaalen. His last album leaned more towards the former than the latter, so it's not surprising that he's released an entire album of weird, quirky sounds with nary a vocal melody around. Playing under the name Black Mold, VanGaalen delivers a strong set of Nintendo-like bleeps, sweeping keyboards and spacey electro sounds. Like his previous instrumental work, this is nearly as catchy and melodic as his more straightforward tunes.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

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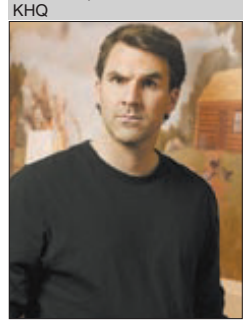
8/13/09 primetime	267	351	- ACCESS	Alberta Primetime (Live)		Greek "Spring Broke"		Private Practice		(9:58) Grey's Anatomy		Primetime
	243	317	3 CFCN	etalk	Hollywood	The Listener (N) (DVS)		CSI: NY "Bad Beat"		CSI: Crime Scene Invstgtn.		News
	-	-	4 OMNI	Two/Half Men	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Who Wants to Be a Millionaire		Grey's Anatomy		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy!	India Reborn (HDTV)				CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	House "The Right Stuff"		Big Brother 11		The Office	The Office	News Hour
	246	-	8 CKAL	Law & Order: SVU		Law & Order: UK		Who Wants to Be a Millionaire		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Des squelettes	Gars fille	Perdus "The Incident" (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News	Hollywood	The Doctors		Big Brother 11		CSI: Crime Scene Invstgtn.		The Mentalist
	-	374	14 KSPS	NewsHour With Jim Lehrer		Frank, Dean-Crooners		Midsomer Murders		MI-5 "Persephone"		Soundstage
	502	390	15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy!	Wheel-Fortune	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)		House "Last Resort"		News
	297	652	37 WPIX	Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Generation Islam (N)				Generation Islam				Cooper 360
	508	502	31 CNN2	Jane Velez-Mitchell		Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
sports	400	400	21 TSN	CFL Football Calgary Stampeders at Edmonton Eskimos. (HDTV) (Live)						SportsCentre	NASCAR Racing	
	408	418	27 net	Best Damn Sports Show		Best Damn Top 100 Special		Beach Volley.	Beach Volley.	Sportsnet Connected		MMA Conn
	410	403	30 SCORE	Poker Asian Pacific Tour.		Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score
	411	457	44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406	48 SPEED	Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Jacked!
family	552	543	20 YTV	iCarly	Drake & Josh	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	*Akira* (1988, Science Fiction)	
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville	Backstage	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	True Hollywood Story		Name Is Earl	'Til Death	The Beast		CHCA News
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	Police Women of Broward		LA Ink (HDTV) (N)		Police Women of Broward		LA Ink (HDTV)		Lottery-Life
	603	561	25 FOOD	Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Jamie's Kitchn
	615	520	26 A&E	The First 48 (HDTV)		Crime 360 (HDTV) (N)		Crime 360 (HDTV)		The First 48 "Blindsided"		The First 48
	617	522	32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Love-Death	Love-Death	*Criminal Intent* (2005, Suspense)		
	601	562	33 SLICE	Last 10	Last 10	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	(6:55) *For the Moment* ★★ (1993, Romance)				*Family Business* ★★★ (1989, Comedy-Drama) Sean Connery.				*GoodFellas*
	520	505	35 DISC	Somali Pirate Takedown		MythBusters		Blue Realm "Shark Divers"		Mighty Ships		Somali Pirate
	620	523	36 BRAVO	(6) *The Apprenticeship of Duddy Kravitz*			Bravonews	Law & Order		Without a Trace "Safe"		*The In Crowd*
	294	650	40 WPCH	Friends	Friends	*The Whole Ten Yards* ★ (2004, Comedy) Bruce Willis.				Seinfeld	*Donnie Brasco* (1997)	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now
	-	539	42 TCM	*In-Lonely*	(7:45) *The Big Heat* ★★ (1953, Crime Drama) Glenn Ford.				*The Greatest Show on Earth* ★★★★ (1952, Adventure)			
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				Scariest Police Chases 2		MANswers	GameTrailers	MANswers
	522	516	45 HIST	Unlocking the Past		NCIS "Bury Your Dead"		Ancient Discoveries		Unlocking the Past		NCIS
	627	528	46 SPACE	*Alien Agent* (2007, Science Fiction) Mark Dacascos.				Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Major League* ★★ (1989, Comedy)				*Stripes* ★★ (1981, Comedy) Bill Murray, Harold Ramis, Warren Oates.				*Caddyshack*
	619	525	49 TROP	Office Temps		Traders		Inside Hollywood		Deal or No Deal Canada		Family Guy
	600	564	50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes on Homes		Disaster DIY	Big Amazing	Handyman
	501	391	52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508	70 BNN	Taking Stock		Market Call		Headline	Market Call	Commodities	Business News	Taking Stock
	526	507	92 VIVA	The Closer		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350	93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*The Fugitive* ★★★ (1993, Suspense) Harrison Ford, Tommy Lee Jones.				
	-	-	94 MCP	World News	News	Banquet	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi
	571	581	100 MMM	mmtop10.ca		Entourage	Gene Simmons	The Daily Fix		Celebrity Rehab With Dr. Drew		Entourage
	570	580	101 MM	America's Best Dance Crew			Degrassi: TNG	One Tree Hill		America's Best Dance Crew		
	581	566	102 MTV	True Life		Beatdown	Beatdown	MTV Live	After	The Real World		Beatdown

critics'corner

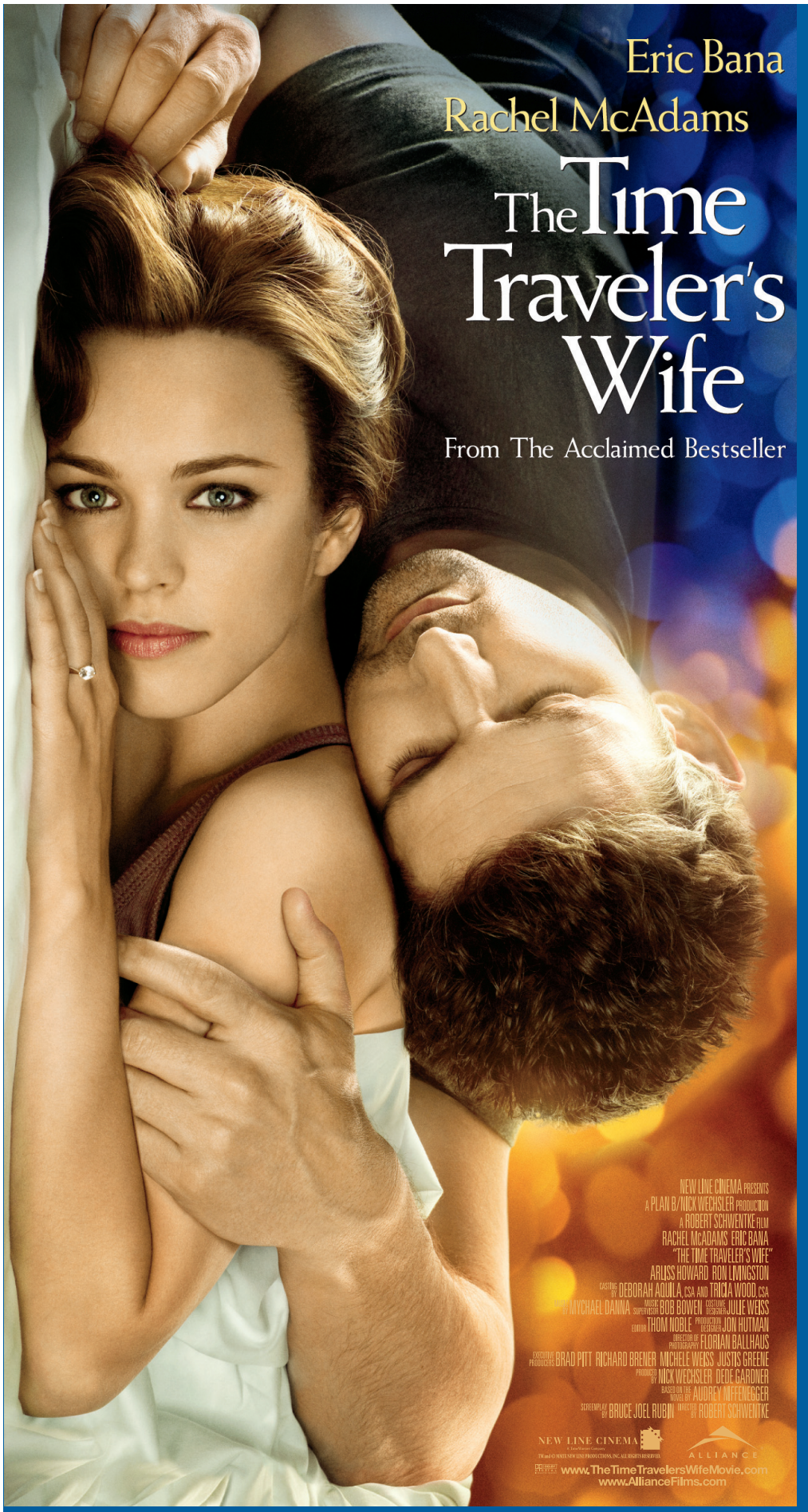
Parks and Recreation

Talking to the media does get easier with practice. Leslie (Amy Poehler) invites a reporter to do a story on the park project, but the interview doesn't go well — and it gets worse when she calls in Mark (Paul Schneider) to help. Tom (Aziz Ansari) attempts to score some points with his boss (Nick Offerman). Rashida Jones also stars in "The Reporter." 9:30 PM on KHQ



The Mentalist

There's an art to solving crimes, as Patrick (Simon Baker) demonstrates when a $50 million painting is stolen from a tycoon's office, and his son-in-law is found dead nearby. The "obvious" analysis is that the victim was in on the robbery, but Patrick has several other possible suspects in mind. Robin Tunney, Tim Kang, Owain Yeoman and Amanda Righetti also star in "Paint It Red." 11:01 PM on KREM



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IN THEATRES AUGUST 14

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Occasional Bloom
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Paula leaves Idol door open
Paula Abdul is considering a return to American Idol — if producers agree to pay her $10 million US a season, TMZ alleges. METRO WORLD NEWS

Celebrity Buzz

Potty-mouthed Spears boys

SOAP NEEDED Britney Spears' sons shocked onlookers by swearing in public, femalefirst.co.uk reports.

The singer took three-year-old Sean Preston and Jayden James, two, to an event for the Teen Choice Awards in Los Angeles last weekend, where the boys repeatedly shouted "oh s—!"

One onlooker told the New York Daily News newspaper: "We were all surprised by their potty mouths, but it was actually pretty funny."

Spears didn't appear to notice her sons were using offensive words. The onlooker added: "She was too busy picking out freebies to chastise the boys for misbehaving."

Spears, 27, has previously claimed they picked up the foul phrases from their father, her ex-husband Kevin Federline: "I say it, but not around my kids."

METRO NEWS SERVICES

Brangie spill sexy secrets

TOO MUCH INFORMATION Last week Brad Pitt sent tongues wagging when he told Parade that the secret stone grotto behind the waterfall in his pool is "a great place for sex." Now, his partner Angelina Jolie says that's not their only secret hideaway, us-magazine.com reports.

"Yeah, well, we got a few special places," she told Extra on the red carpet at Pitt's Inglourious Basterds premiere in Hollywood. "You keep it going."

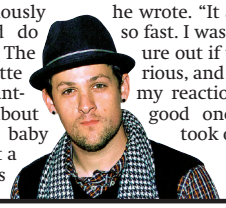
Added Pitt, "It's not true. We have far more comfortable places to go. There is a grotto there. It's an old Hollywood property... just a few minutes that way... and rumour is Jimi Hendrix spent some time there. That's the story. I run with it."

METRO NEWS SERVICES

For sale: One live human baby

THE SURREAL While Joel Madden eagerly awaits the birth of his second child with Nicole Richie, some people obviously think he could do with a third. The Good Charlotte frontman recounted on Twitter about being offered a baby while stopped at a red light in his car. "Today some people in traffic tried to sell me a baby. A live human baby. I didn't know what to say," he wrote. "It all happened so fast. I was trying to figure out if they were serious, and I think when my reaction was not a good one. They just took off."

METRO WORLD NEWS



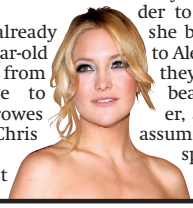
Kate wants A-Rod's baby?

RUSHING THINGS? Kate Hudson reportedly wants to have a child with Yankees slugger Alex Rodriguez.

Hudson already has a five-year-old son, Ryder, from her marriage to Black Crowes frontman Chris Robinson.

"Kate just turned 30 and she's ready to have her second child," a source said, according to Hollyscoop. "She wants Ryder to have a sibling, so she brought up the idea to Alex and told him that they would make a beautiful baby together, and that she would assume all financial responsibility."

METRO WORLD NEWS

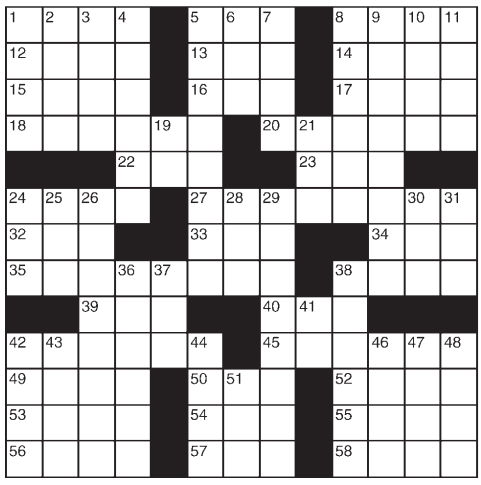


Today Sprinkles. 15 C / 9 C
Friday Mostly cloudy. 16 C / 7 C
Saturday Morning clouds. 19 C / 7 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist — Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS AT 6 A.M.

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7	1		8	3	9			
								2
	8	6	1			3		
4				7				1
		7				9		
8				4				3
		4			1	2	6	
2								
			4	5	2		8	9

ACROSS

1 Bridge coup
5 — de deux
8 Grand tale
12 Caffeine-rich nut
13 Every crumb
14 Doily feature
15 On the rocks
16 Actor Stephen
17 Press
18 Everest guide
20 Empty
22 Have something wrong
23 Accomplished
24 Satan's minions
27 Kiss reminder
32 Earl Grey, e.g.
33 Actress Mendes
34 That woman
35 Baby carriage
38 Check
39 Honest politician?
40 Mimic
42 Kidnapper's demand
45 "You Can't — Again"
49 Clarinet's cousin
50 Flightless bird
52 Mideast airline
53 Mainlanders' mementos
54 Vast expanse
55 Ostentatious display
56 Stats for 52-Across
57 Whatever number
58 Carry

DOWN

1 Vail gear
2 Ness, e.g.
3 Sheltered
4 Curtain fabric
5 Lines that fail to meet
6 Hearty brew
7 Balkan native
8 Bring out
9 Eden
10 PC picture
11 Small change
19 Circumference divided by diameter
21 Billboards
24 "Monty Python" opener
25 Citi Field player
26 Excessive suspiciousness
28 "— Got a Secret"
29 Brazil neighbour
30 Greek X
31 Understanding
36 Haunt
37 Writer Buscaglia
38 Prepare leftovers
41 One of the Teletubbies
42 Portrayal
43 Lend an illegal hand
44 Small plateau
46 Hodgepodge
47 Shoppers' site
48 Differently
51 Chaps

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	6	7	8	2	9	4	3	1
2	4	9	6	1	3	8	5	7
3	8	1	7	4	5	2	6	9
6	3	5	4	9	1	7	8	2
1	2	8	3	5	7	6	9	4
7	9	4	2	6	8	3	1	5
8	5	6	1	7	4	9	2	3
4	1	2	9	3	6	5	7	8
9	7	3	5	8	2	1	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

SARAH POMPER

Smoked Salmon, Mascarpone and Leek Pizza

Submitted by Jennifer Rigby, St. Catharines, Ont.

INGREDIENTS:
Fresh pizza dough (I buy mine at an Italian market, or make it yourself)
1 large leek, washed and green portions chopped
2 tbsp olive oil
175 g mascarpone cheese (use about 3/4 of container)
150 g package of frozen sliced wild smoked salmon, thawed
Salt and pepper

METHOD:
Using 1 tbsp oil, sauté leeks in frying pan until soft. Set aside. Roll out dough onto pizza pan. Using remaining oil, coat surface of dough.

Cover dough with sautéed leeks. Then place smoked salmon on top of leeks. I like to slightly overlap the triangular pieces of salmon so it looks like a pinwheel. In the areas not covered by the salmon, using a tablespoon, add toonie-sized dollops of mascarpone cheese. Season with salt and pepper.

Bake at 350 F until crust is cooked and cheese is melted. Enjoy with a green salad and a glass of white wine.

SERVES 4
PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES

Weekly winners

• Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca. A weekly winner will be drawn from now until the end of October.

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Bring a half-hidden problem into the open where it can be discussed and dealt with. Today's cosmic set-up suggests all will be happy with the result.

TAURUS ♉
APRIL 21-MAY 21
A page has been turned but you're not at the end of the story. What happens today and tomorrow will encourage you to keep on reading — and loving.

GEMINI ♊
MAY 22-JUNE 21
An obstacle will appear in your path today and your first reaction will be to smash through it. That's the right thing to do. This is no time to be subtle.

CANCER ♋
JUNE 22-JULY 22
If you let your suspicions get the better of you today you could miss out on an enjoyable activity. The planets indicate there's no need to be defensive

LEO ♌
JULY 23-AUG 23
It doesn't matter that you fought with certain folks in the past. All that matters is you're on the same side now — and if you're not, you should be.

VIRGO ♍
AUG 24-SEPT 22
You may think you know what is good for others, but they must learn from their own mistakes. When others tried to tell you how to live, did you listen?

LIBRA ♎
SEPT 23-OCT 23
You'll have plenty to say for yourself today and, being such a smooth-talker, you will say it in a way that leaves no doubt as to what you mean.

SCORPIO ♏
OCT 24-NOV 22
You need to get to grips with a situation that has drifted on for weeks, months, maybe years. Likely it will mean having to make an unpopular decision.

SAGITTARIUS ♐
NOV 23-DEC 21
Today you'll have courage to make difficult decisions and take the kind of risks even a Sagittarius would usually seek to avoid. But don't overdo it.

CAPRICORN ♑
DEC 22-JAN 20
If your current environment doesn't feel right then by all means get up and go some place else. There's no law that says you have to stay.

AQUARIUS ♒
JAN 21-FEB 18
Mars and Jupiter, the planets that get things done, cut across the most dynamic angles of your chart today. Aim to start your day early and finish it late.

PISCES ♓
FEB 19-MARCH 20
Sometimes you lose direction and forget what all your efforts are for. Today, though, your aims are crystal clear. Keep that clarity as long as you can.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Golfer Trevino's golf pegs (1)
2. Wacko's gimme-length golf shots (1)
3. Golf course units' flagsticks (1)
4. College head's rolled golf areas (1)
5. Chap's number of golf shots taken (1)
6. Pool jackknife performer's 1 woods (2)
7. Golf sand traps' old jalopies (2)

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ANSWERS
1. LEES TEES 2. NUTS PUTTS 3. HOLES POLES 4. DEANS GREENS 5. BLOKES STROKES 6. DIVERS DIVERS 7. BUSKERS CLUNKERS

8-13-09

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C90949

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P90464

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auto, 2.4L engine
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sale $20,250
$136 payment ZERO DOWN
P90594

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$147 payment ZERO DOWN
P90817

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25 IN-STOCK
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MSRP $26,905
sale $22,988
$154 payment ZERO DOWN
C90880

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MSRP $29,295
sale $24,750
$166 payment ZERO DOWN
C90131

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$171 payment ZERO DOWN
P90553

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P90336

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